

TOUGH TALK TOOLKIT



DEPRESSION AWARENESS

Learning to notice the signals in the circles can help you understand the underlying causes of your depression.

If you notice more than one signal and they're unexpected e.g., not due to physical sickness, hormonal change. etc - then your depressed mood may be being influenced by what you're *thinking or doing*.

1. Take a moment to observe your thoughts and the situation in detail.
2. See if you can connect exactly what you're thinking or doing to why you're feeling depressed
3. Look for patterns over time, which you can then work on changing.



A depressed mood is often a temporary reaction to challenging life events, such as a significant loss or loneliness. However, it can also be caused by the complex interplay of biological, psychological, and social factors. Contact a health professional if signals persist. The sensations in the circles are useful signals - you can potentially stop the signals by changing your thinking or behavior over time. The first step to changing patterns or habits is to become aware of them.